


RSU 54 School Breakfast Menu

September-19

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>*See our menu's online at www.msad54.org</i> <i>* Join us for breakfast - ALL students eat free!</i> <i>*Students pick three (including fruit or juice) items = FREE BREAKFAST</i></p>		28	29	30
	Breakfast Break includes: Cereal (1G) Juice (1 F) or Fruit (1 F) Milk (1D)	Cereal Choice (1 G) or Cinnamon Crumb Cake (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)	Cereal Choice (1 G) or WG Breakfast Bar (2 G) Juice (1 F) or Raisins (1 F) Milk (1 D)	
Labor Day 2	3	4	5	6
	Breakfast Break includes: Cereal (1G) Juice (1 F) or Fruit (1 F) Milk (1D)	Cereal Choice (1 G) or Blueberry Bread (2 G) Juice (1 F) or Raisins (1 F) Milk (1 D)	Cereal Choice (1 G) String Cheese (1 M/MA) Juice (1 F) or Raisins (1 F) Milk (1 D)	Cereal Choice (1 G) or Benefit Breakfast Bar (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)
9	10	11	12	13
Cereal Choice (1 G) String Cheese (1 G - M/MA) Juice (1 F) or Raisins (1 F) Milk (1 D)	Cereal Choice (1 G) or UBR Breakfast Cookie (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)	Cereal Choice (1 G) Cereal Choice (1 G) Juice (1 F) or Fruit (1 F) Milk (1D)	Cereal Choice (1 G) or Blueberry/Banana Muffin (2G) Juice (1 F) or Fruit (1 F) Milk (1 D)	Cereal Choice (1 G) or WG Cinnamon Roll (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)
16	17	18	19	20
Cereal Choice (1 G) String Cheese (1 G - M/MA) Juice (1 F) or Raisins (1 F) Milk (1 D)	Cereal Choice (1 G) or Strawberry Stuffed Bagel (2 G) Juice (1 F) or Fruit (1 F) Milk (1D)	Early Release Breakfast Break includes: Cereal (1G) Juice (1 F) or Fruit (1 F) Milk (1D)	Cereal Choice (1 G) or Banana Bread Slice (2G) Juice (1 F) or Fruit (1 F) Milk (1 D)	Cereal Choice (1 G) or Warm Donut Ring (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)
23	24	25	29	30
Cereal Choice (1 G) String Cheese (1 G - M/MA) Juice (1 F) or Raisins (1 F) Milk (1 D)	Cereal Choice (1 G) or Blueberry Bread Slice (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)	Cereal Choice (1 G) Mini Maple Waffles (2 G) Juice (1 F) or Fruit (1 F) Milk (1D)	Cereal Choice (1 G) or Bagel w/cheese (2G) Juice (1 F) or Fruit (1 F) Milk (1D)	Teddy Graham (1 G) or Cinnamon Bread Slice (2 G) Juice (1 F) or Fruit (1 F) Milk (1 D)
<p>Under "Offer vs Serve", students must choose a minimum of 3 of the 4 items: (2) grain OR (2) meat/meat alternate and (1) fruit or juice or (1) lowfat or fat free milk. OR (1) grain or (1) meat/meat/alternate and (1) fruit or juice or (1) lowfat or fat free milk. Grain = (G); Meat/Meat Alternate = (M/MA); Fruit = (F); Milk = (D)</p>				
<p>A Low Fat or Skim Milk Variety is Served With Every Meal - Menu is Subject to Change Without Notice - All Bread Products meet the USDA Whole Grain requirements for NSLP and HUSSC</p>				

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